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A MUSICAL MILITARY DRILL

BY

STANLEY SCHELL

SUITABLE FOR BOYS' SCHOOLS, OR FOR GIRLS' SCHOOLS WHERE MILITARY DRILL IS USED.

Sixty-Eight Illustrations, Sixteen Pages of Music.

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CONTENTS.

ARMS: PAGE.

Arm Practise 10
Leg and Arm Practise 20
Arm Movements 26
Arm Swinging 30
Bending and Stretching Arms 36
"AULD LANG SYNE." INSTRUMENTAL MUSIC 46
BACK:
To Strengthen Back 16
"BANKS OF ALLAN WATER." INSTRUMENTAL MUSIC 21
BODY BENDING AND STRETCHING 32
BRIDAL MARCH FROM "LOHENGRIN" 29
"CHARLIE IS MY DARLING." INSTRUMENTAL MUSIC 11
CHEST EXPANSION 14
"COMIN' THRO' THE RYE." INSTRUMENTAL MUSIC 17
GENERAL PRACTISE 47
"HARMONIOUS BLACKSMITH." INSTRUMENTAL MUSIC 37
"IL TROVATORE" INSTRUMENTAL MUSIC FROM 13
KNEES:
Knee Bending 22
Bending and Stretching Knees 39
LEGS:
Leg and Arm Practise 20
Leg Movements 24
LUNGING 28, 38, 40, 45
MARCH MUSIC 31, 41
"MILLER OF THE DEE." INSTRUMENTAL MUSIC 15
"OH, DEAR, WHAT CAN THE MATTER BE?" INSTRUMENTAL MUSIC 23
PRELIMINARY INSTRUCTIONS:
Words of Command 5
Duration of Drill 5
Position of Pupil 5
Sizing a Squad 6

PAGE.

Formation of a Squad in Single Rank 6
Dressing a Squad with Intervals 7
Turnings 7
Standing at Ease (by numbers) 8
Standing at Ease (judging the time) 9
Dismissing a Squad 9
Preparing for Physical Drill in Single Rank 9
Preparing for Physical Drill in Double Rank 9
"Scots Wha Hae." Instrumental Music 25
Shoulders:
Shoulder Practise 12
Working the Shoulders 42
Stretching Sides 18
"There's Nae Luck about the House." Instrumental Music 44
Waltz Music 19, 34
"Weel May the Keel Row." Instrumental Music 27

A Musical Military Drill.

The importance of physical training as an essential part in the education of every child is becoming more and more generally recognized. A healthy body indicates a healthy mind; by neglecting the one we impair the other. If, then, the education given to a child be thorough and perfect, we must provide it with such exercises as will tend to invigorate and develop the powers of its body, and, simultaneously, stimulate the faculties of its mind. With this object in view this Drill has been arranged. The Drill is made up of two parts—simple, physical exercises and new physical army exercises. In nearly every instance, each exercise has its own music.

PRELIMINARY INSTRUCTIONS.

I. Words of Command:

Every command must be distinctly pronounced, and sufficiently loud to be heard by all concerned. Every command that consists of one word must be proceeded by a caution; the caution must be given slowly and distinctly; the last, or executive part must be given sharply and quickly as: Squad—Halt! or, Half Right—Turn! A pause will invariably be made between the caution and the executive word.

II. Duration of Drill:

Short and frequent drills are preferable to long ones.

III. Position of Pupil:

Exact squareness of shoulders and body to the front; heels in line and closed; knees straight; toes turned out so that they form an angle of 45 degrees; arms hang easily from the shoulders; hands partially closed; backs of fingers touch the thigh lightly, thumb close to forefinger; hips rather drawn back; breast advanced, but without constraint; body straight and inclining forward, so that weight of it may bear principally on fore part of feet; head erect, but thrown back; chin slightly drawn in; eyes looking straight front.

IV. Sizing a Squad:

1. Arrange boys in single rank according to height, tallest on right, shortest on left.

2. Squad—Number!

3. Odd Numbers—One Pace Forward! Even Numbers—One Pace Step Back!

4. No. 1.—Stand Fast! Ranks—Right and Left—Turn! (Front rank turns to the right, rear rank turns to the left.)

5. Form Squad. Quick—March! (No. 3 forms up in rear of No. 1; No. 5 halts and fronts on left of No. 1; No. 7 forms in rear of No. 5; and so on, rear rank wheeling round to right and following left hand boy of front rank. Blank file, if any, to be placed third from left.)

Fig. A.

Fig. B.

V. Formation of a Squad in Single Rank:

1. Right-hand or left-hand boy being first placed, the remainder will fall in one after the other in line with and closing lightly toward him, turning elbow slightly outward. Each boy when properly in line, should be able to feel his right or left-hand boy at the elbow. Body position as in Figs. A and B.

2. Squad—Number from the right!

3. When a squad in single rank is required to drill with intervals, the boys will be ordered: Odd Numbers—One Pace Forward! —Even Numbers—One Pace Step Back!

4. Squad—Reform Single Rank! (Odd numbers step one pace back, even numbers one pace forward.)

VI. Dressing a Squad with Intervals:

1. Eyes—Right! (On word Right! eyes are to be directed right, head being smartly turned in that direction.)

2. Dress! (Each boy, except right-hand one, will extend right arm, palm of hand upward, nails touching shoulder of boy on his right; at the same time he will take up his dressing in line by moving, with short quick steps, till he is just able to distinguish the lower part of the face of the second boy beyond him; care must be taken that he carries his body backward or forward with the feet, keeping his shoulders perfectly square in their original position.)

3. Eyes—Front! (On word Front! the head and eyes will be turned smartly to the front, arm dropped, and position of pupil in Fig. A be resumed.)

4. Eyes—Left! etc., will be practised the same as Eyes—Right!

VII. Turnings:

In going through the turnings the left heel must never leave the ground; but the boy must turn on it as on a pivot, the right foot being drawn back to turn the body to the right, and carried forward to turn it to the left; the body must incline forward, the knees being kept straight.

In the first of each of the following motions the foot is to be carried back, or brought forward, without a jerk, the movement being from the hip; so that the body may be kept perfectly steady until it commences to turn.

Right—Turn! (On word Turn! place the hollow of right foot smartly against left heel, shoulders square to front.)

Two! (On word Two!* raise toes and turn a quarter circle to the right on both heels, which must be pressed together.)

Left—Turn! (On word Turn! place right heel against the hollow of left foot, keeping shoulders square to the front.)

Two! (On word Two! raise the toes and turn a quarter circle to the left on both heels, which must be pressed together.)

About—Turn! (On word Turn! place the ball of right toe against left heel, keeping shoulders square to the front.)

* The turnings by numbers will be continued only until the pupil is able to turn to the right, left, or about accurately and smartly, after which the movement will be executed on command.

Two! (On word Two! raise the toes, and turn to right-about on both heels.)

Three! (On word Three! bring the right foot smartly back in a line with left.)

Half Right (or Left)—Turn! (On word Turn! draw back, or advance, right foot one inch.)

Two! (On word Two! raise the toes, and turn half-right, or left, on both heels.)

Quarter Right—Turn! (On word Turn! raise toes, and turn quarter-right on both heels.)

Three-Quarters—Right-about—Turn! (Make a three-quarters turn to the right-about in the same manner as in turning about.)

Three-Quarters—Left-about—Turn! (On word Turn! place right heel against ball of left toe, keeping shoulders square to front.)

Two! (On word Two! raise toes, and make a three-quarter turn to left-about on both heels.)

Three! (On word Three! bring up right foot smartly in line with left.)

Squad—Front! (After any of the foregoing turnings, the word Front! may be given, on which the whole will turn, as accurately as possible, to former front.)

When the boy has previously turned about, he will always front by the right-about. But if he has turned to the three-quarters right-about, he will front by the three-quarters left-about; and *vice versa.*

At squad drills with intervals, the turnings will always be done by numbers, except when the word Front! is given, in which case the boy will judge the time, making a pause after each motion.

VIII. Standing at Ease (by numbers):

One! (On word One! raise arms from elbows, left-hand in front of center of body, as high as waist, palm upward; right hand as high as right breast, palm to left front; both thumbs separated from fingers, and elbows close to sides.)

Two! (On word Two! strike the palm of right hand on that of left, drop arms to their full extent, keeping hands together, and passing right hand over back of left as they fall; at the same time draw back right foot six inches, and slightly bend left knee.)

When the motions are completed arms must hang loosely and easily, the fingers pointing toward the ground, right thumb lightly held between thumb and palm of left hand; body must incline forward, weight being on right leg, and the whole attitude without constraint. (Fig. B.)

Squad—Atten-tion! (On word Attention! spring up to the position shown in Fig. A.)

IX. Standing at Ease (judging the time):

Stand-at-Ease! (On word Ease! go through the motions described in Standing At Ease by numbers, distinctly but smartly, and without any pause between them.)

Squad—Atten-tion! (As before.)

Stand-Easy! (Move limbs, but without quitting ground, so that on coming to Attention! no one will have materially lost his dressing in line. If boys are required to keep their dressing accurately, they should be cautioned not to move their left feet.)

Squad! (On word Squad! every boy will at once assume the position of Standing At Ease.)

X. Dismissing a Squad:

Right—Turn! (On word Turn! boys will turn as directed.)

Dis-miss! (On word Dismiss! the front rank will take a side pace to the left, and the rear rank will take a side pace to the right; after a pause the squad will break off quietly.)

When there is only one rank, it will act as front rank.

XI. Preparing for Physical Drill in Single Rank:

The squad having been formed in single rank will number and form two ranks with intervals and dress. (Pars. V. and VI.)

XII. Preparing for Physical Drill in Double Rank:

Number! (The boys having been sized as a company in two ranks will number from right.)

Open Out to intervals from Right—March! (The squad will here open out from the right as described in Par. VI.; the front rank only raising right arm, and looking to right, the rear rank accurately covering front, eyes directed to front.)

Eyes—Front! (As in Par. VI.)

Prepare for Physical—Drill! (The even numbers of the front rank, and the whole of the rear rank, turn to the right-about.)

Quick—March! (The even numbers of front rank take *one* pace and halt, front and dress; odd numbers of rear rank take *two* paces, and even numbers of rear rank take *four* paces, halting, fronting, and dressing, as for front rank.)

EXERCISE I. ARM PRACTISE.

[In this exercise care must be taken to keep the body and head in the position of Attention!]

PREPARE FOR PHYSICAL DRILL!

Squad—One! Raise arms fully extended till hands are above the head; palms inward, width of shoulders between hands (Fig. 1).

Squad—Two! Force arms down, elbows close to sides, clenched fists, forced well back into the shoulders; finger-nails to the front (Fig. 2).

FIG. 1.

FIG. 2.

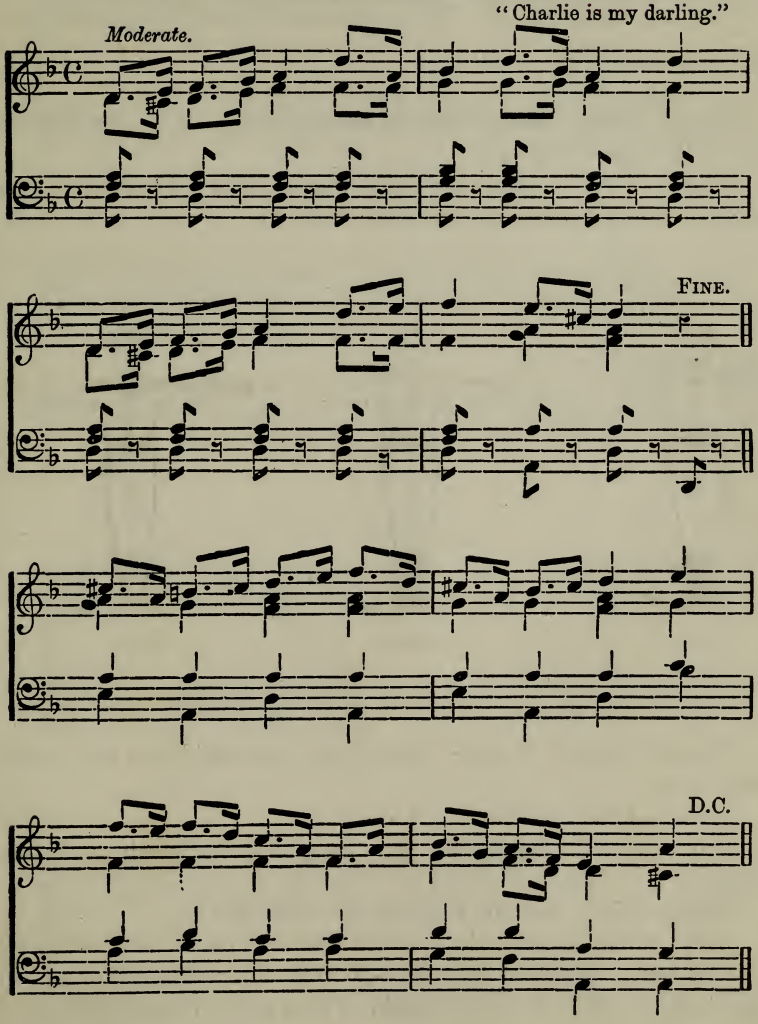
FIG. 3.

Squad—Three! Stretch arms straight out in front, fingers extended, level with shoulders, with width of chest between.

Squad—Four! Withdraw arms till clenched fists are in line with chest; arms close to sides.

Squad—Five! Resume position of Attention! (Fig. 3).

EXERCISE I.



EXERCISE II. SHOULDER PRACTISE.

PREPARE FOR PHYSICAL DRILL!

Squad—One! Place both fists on shoulders, elbows forced back and well raised (Fig. 4).

Squad—Two! Straighten right arm (moving only from elbow), fingers extended, palm of hand up (Fig. 5).

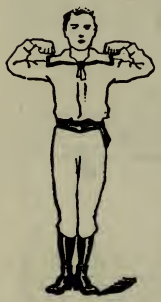


FIG. 4.

FIG. 5.

FIG. 6.

Squad—Three! Replace right arm, and straighten left in the same way.

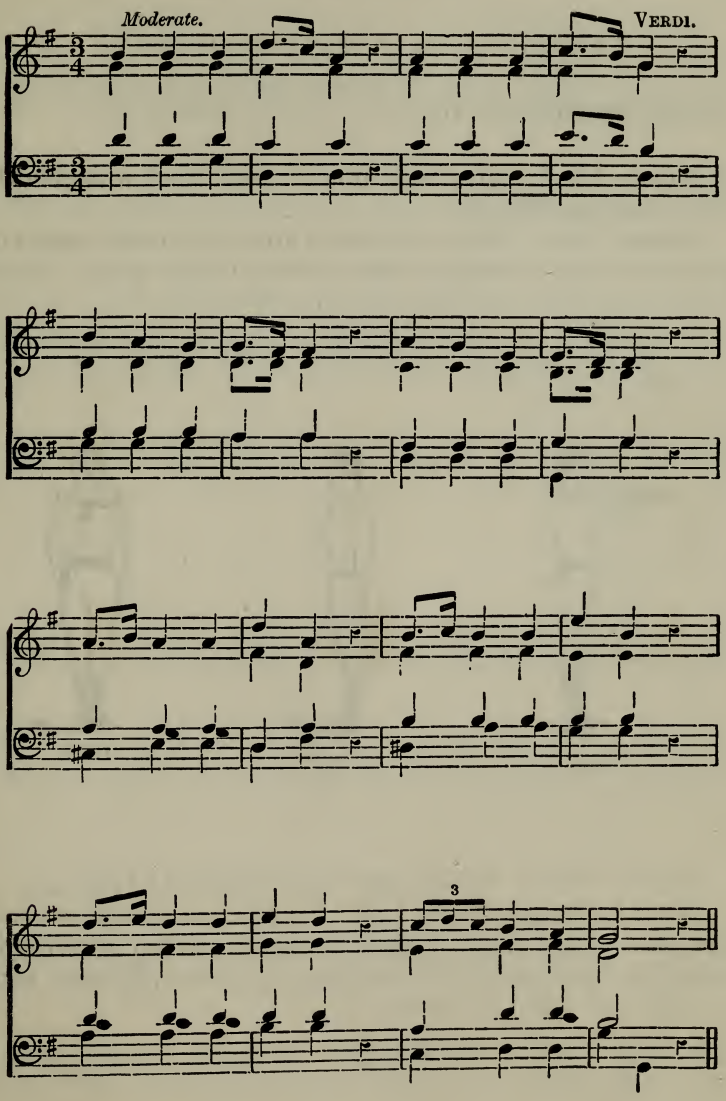
Squad—Four! Replace left arm.

Squad—Five! Straighten both arms simultaneously as before (Fig. 6).

Squad—Six! Resume position of Attention!

Note: When performed to music, number Five remains extended for two beats, repeating One, Two, Three, Four, Five, until end of exercise. At finish of music remain at Five until order of Attention!

EXERCISE II.



EXERCISE III. CHEST EXPANSION.

PREPARE FOR PHYSICAL DRILL!

Squad—One! Carry both arms to front level with shoulders, palms touching (Fig. 7).

Squad—Two! Rise on toes, throw arms in a circular motion over head to the rear, halting at and touching thighs, fingers extended to the rear, at the same time lowering heels (Fig. 8).

FIG. 7.

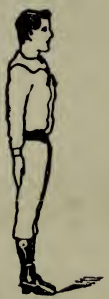


FIG. 8.

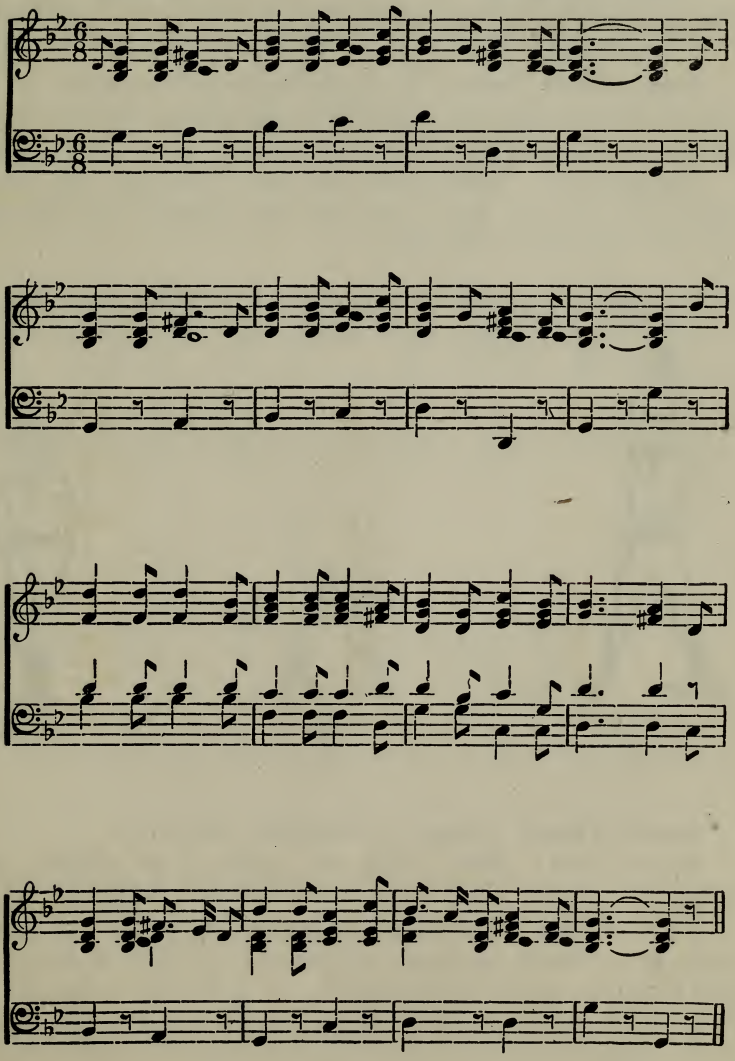
FIG. 9.

Squad—Three! Resume position of Attention! (Fig. 9).

Note: In bringing hands to the front the second and succeeding times the hands may be slightly clapped. When performed to music, numbers One and Two only to be repeated; at finish, remain at Two until called to Attention!

EXERCISE III.

Rather slow. "The Miller of the Dee."



EXERCISE IV. TO STRENGTHEN BACK.

PREPARE FOR PHYSICAL DRILL!

Squad—One! Spring out on toes about two feet apart. At the same time extend arms by an outward movement above head, letting forefingers touch (Fig. 10).

Squad—Two! Swing arms and body downward till tips of fingers are level with toes. Arms and legs straight, knees stiff, and eyes directed toward feet (Fig. 11).

FIG. 10.

FIG. 11.

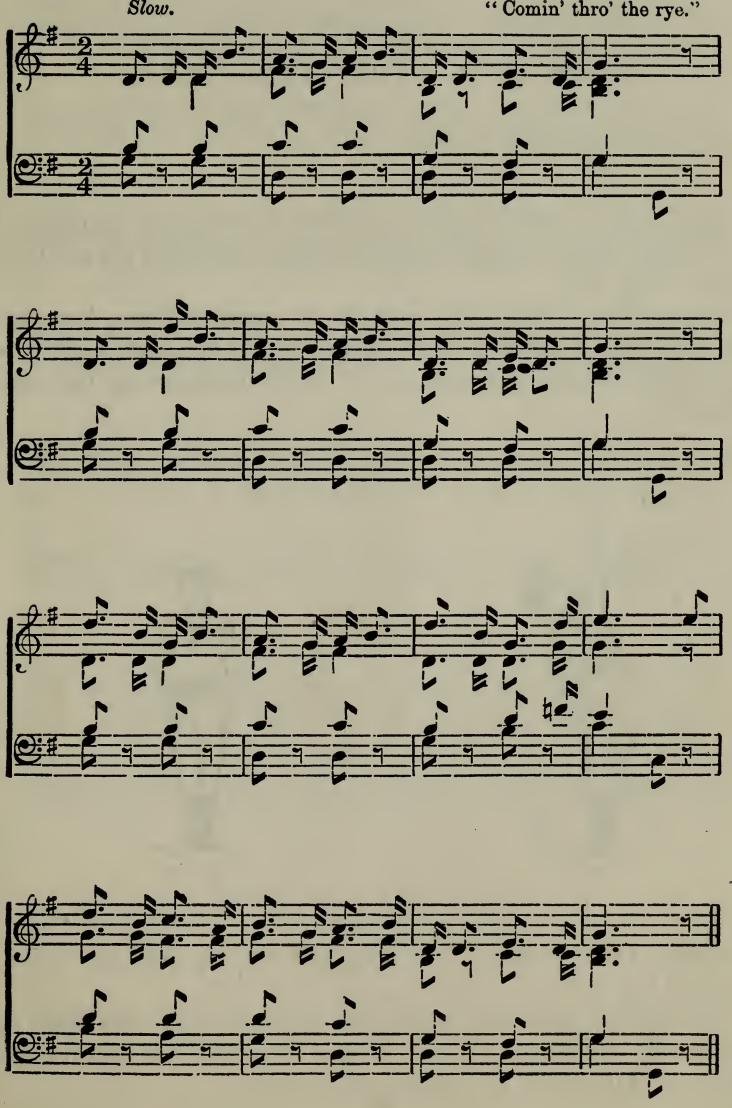
FIG. 12.

Squad—Three! Spring to Attention! (Fig. 12).

Squad—Four! Raise arms and body as in position One (Fig. 10).

Note: When performed to music the whole of these movements are executed, springing up from the position of Attention! each time the series is completed.

EXERCISE IV.



EXERCISE V. STRETCHING SIDES.

PREPARE FOR PHYSICAL DRILL!

Squad—One! Raise right arm fully extended by an outward motion above head, left side well curved, eyes directed toward back of hand (Fig. 13).

Squad—Two! Raise left arm in the same manner, lowering right, still fully extended, at the same time. (Be careful that one arm ascends as other descends, so that arms are always in line with each other.)

FIG. 13.

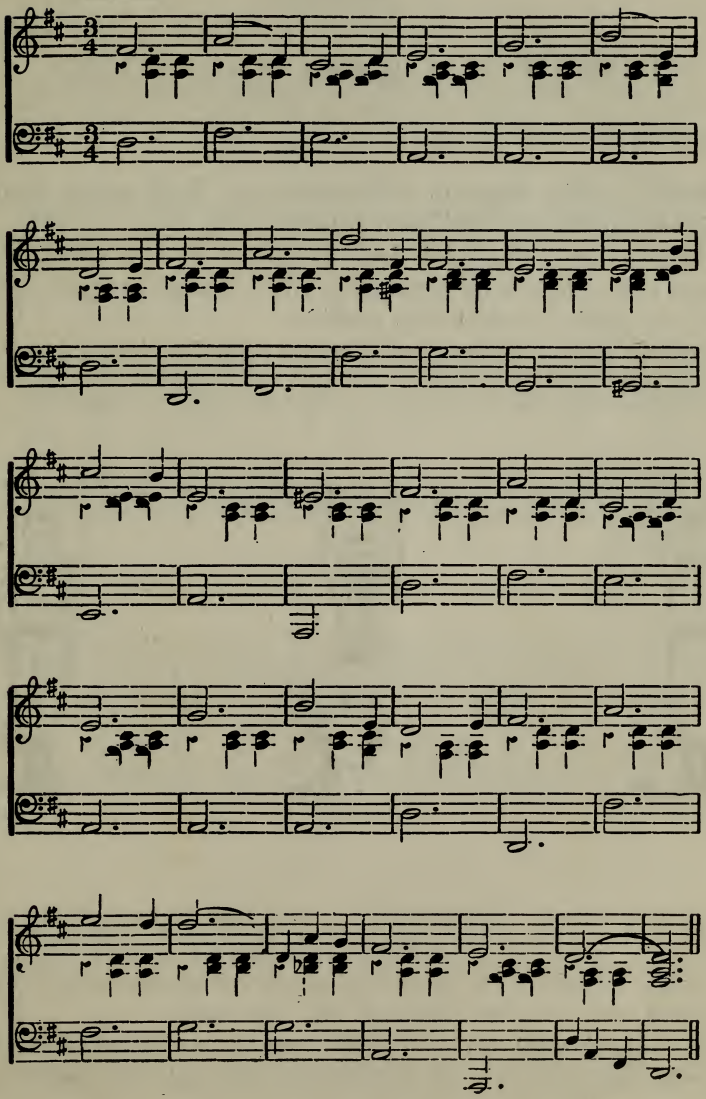
FIG. 14.

Squad—Three! Lower left arm, and take up position of Attention! (Fig. 14).

Note: When performed to music, numbers One and Two to be repeated. At finish of music, instead of raising left arm resume position of Attention! by dropping right arm.

EXERCISE V.

Waltz time.



EXERCISE VI. LEG AND ARM PRACTISE.

PREPARE FOR PHYSICAL DRILL!

Ready! Raise hands to full extent above head, palms inward, fingers extended, width of chest between (Fig. 15).

Squad—One! Carry left foot outward in its own direction 18 inches; rise on toes, bend knees (Fig. 16). Straighten knees, lower heels, carry left foot back into position.

Squad—Two! Repeat One, carrying right foot forward instead of left foot.

FIG. 15.

FIG. 16.

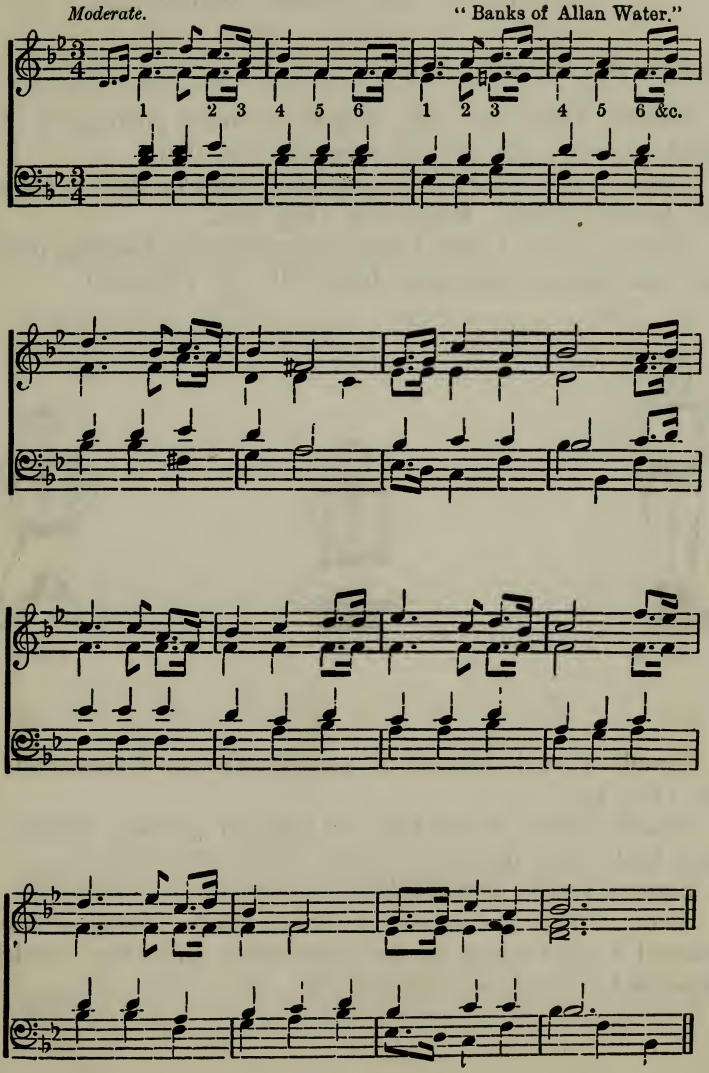
FIG. 17.

Squad—Three! Drop hands to sides, as at Attention! (Fig. 17).

Note: Numbers One and Two consist of six movements, each of which must be done distinctly and separately.

When performed to music pupils must be in position of Ready! and with commencement of music repeat One and Two until close, remaining at Ready! until called to Attention!

EXERCISE VI.



EXERCISE VII. KNEE BENDING.

PREPARE FOR PHYSICAL DRILL!

Ready! Hands on hips, fingers extended pointing to front, thumbs to rear; toes pointed outward (Fig. 18).

Squad—One! Raise heels and lower body on toes, at the same time bending knees. Body erect (Fig. 19).

Squad—Two! Lower knees to ground as in kneeling posture; toes remaining on same spot; body still erect (Fig. 20).

FIG. 18

FIG. 19.

FIG. 20.

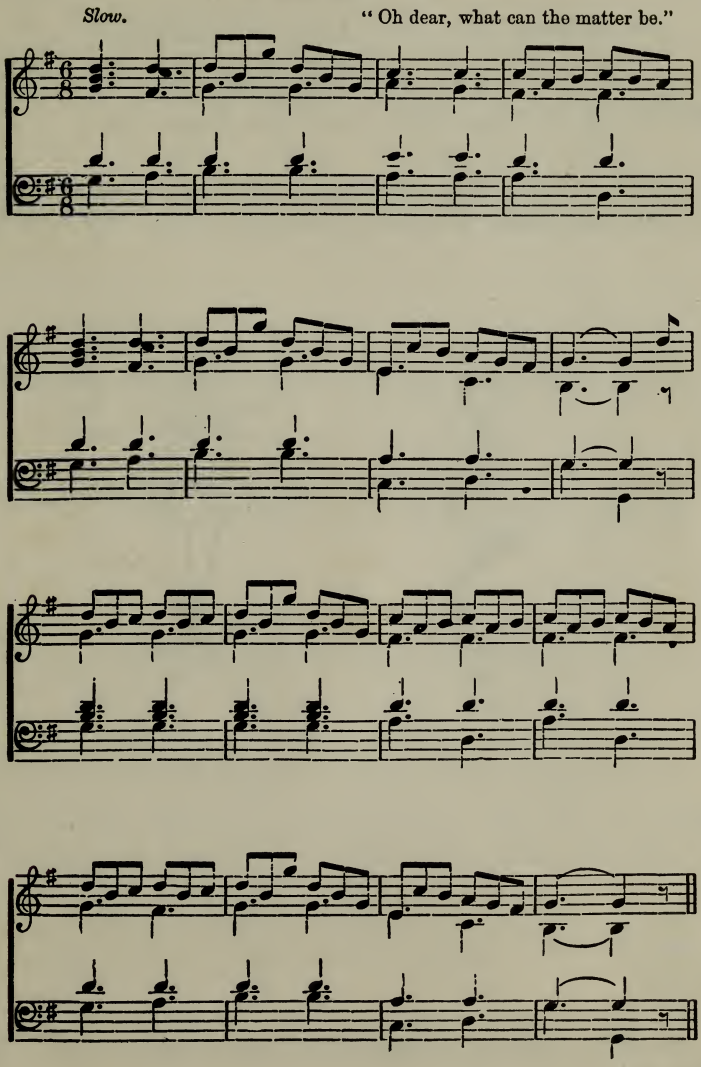
Squad—Three! Return to position One, still remaining on toes (Fig. 19).

Squad—Four! Raise body on toes to position, Ready! and lower heels (Fig. 18).

Squad—Five! Attention!

Note: When performed to music, pupils having previously assumed Ready! repeat the four movements until close, coming to Attention! at word of command.

EXERCISE VII.



EXERCISE VIII. LEG MOVEMENTS.

PREPARE FOR PHYSICAL DRILL!

Squad—One! Place hands on hips, fingers fully extended, thumbs to the rear, and elbows forced well back. Bend left knee,

FIG. 21.

FIG. 22.

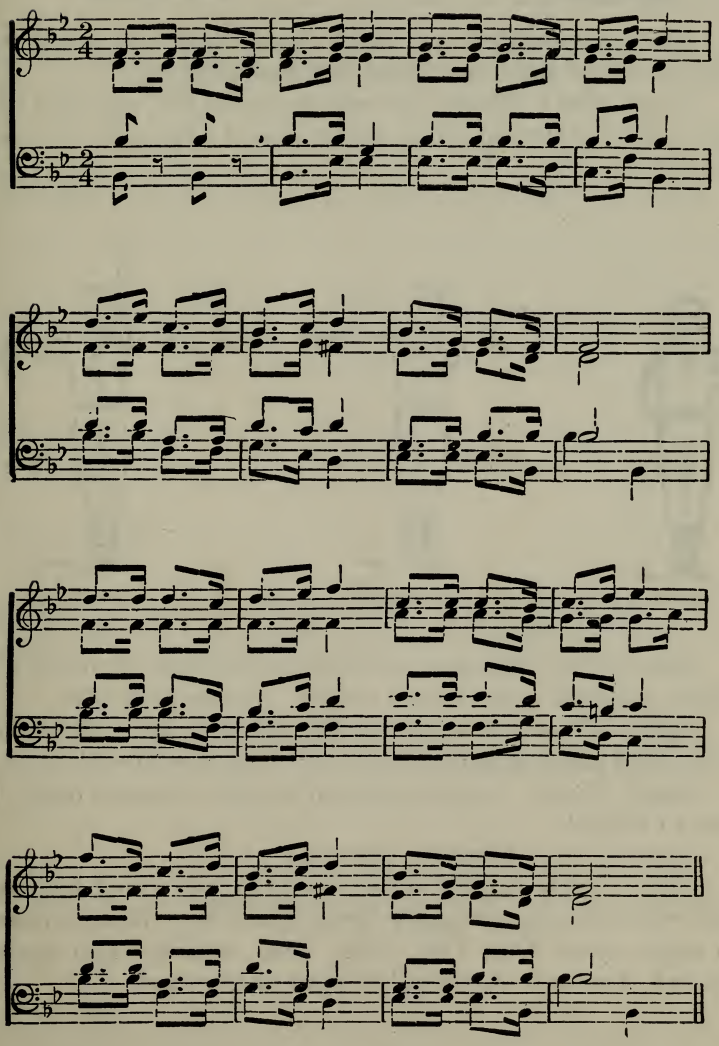
raising it to the front until upper leg is at right angles to trunk, lower leg being drawn close under, toe pointing to the ground (Fig. 21).

Squad—Two! Replace left foot, and raise right leg in same manner.

Squad—Three! Drop hands, and come to position of Attention! (Fig. 22).

EXERCISE VIII

Slow march time. "Scots wha hae."



EXERCISE IX. ARM MOVEMENTS.

PREPARE FOR PHYSICAL DRILL!

Ready! Raise forearms; hands closed, finger nails to the front, elbows close to sides, and forced well back (Fig. 23).

Squad—One! Extend left arm directly to left, and right to the front, fingers extended, palms turned inward (Fig. 24). Return to Ready!

FIG. 23.

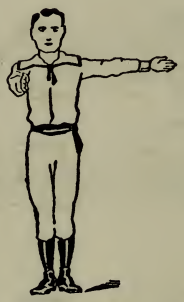


FIG. 24.

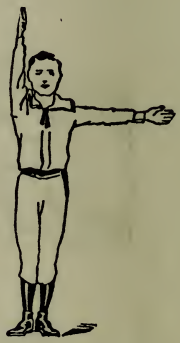


FIG. 25.

Squad—Two! Extend right arm to right, and left to the front, fingers extended, palms turned inward. Return to Ready!

Squad—Three! Extend left arm to left, right above head, fingers and palms as before (Fig. 25). Return to Ready!

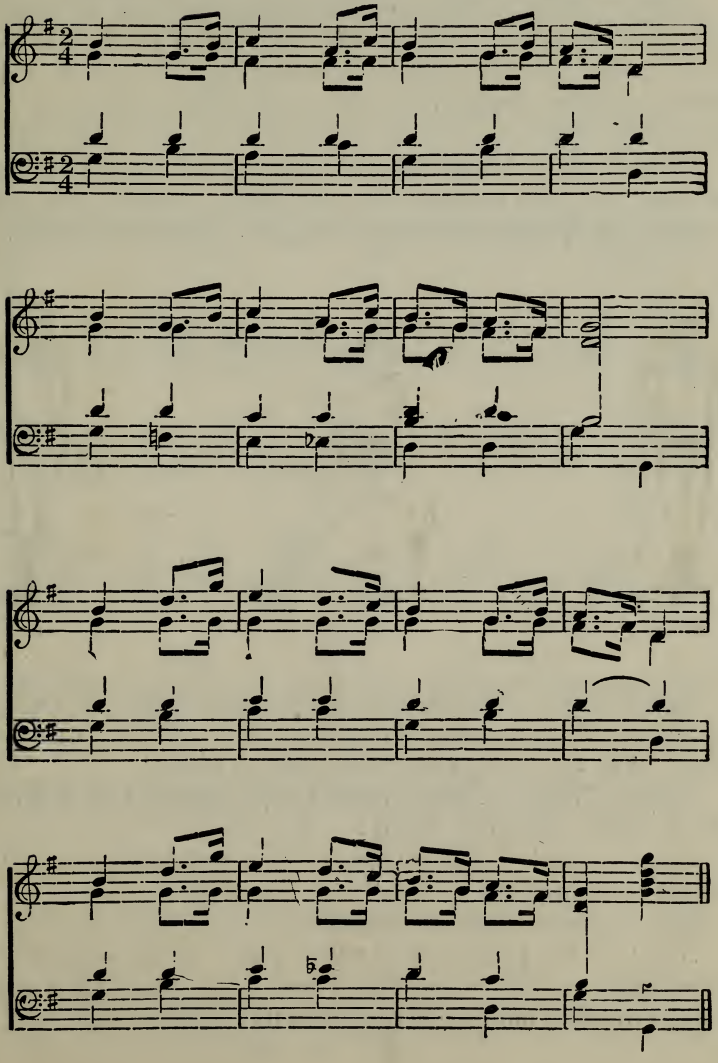
Squad—Four! Extend right arm to right, left above head. Return to Ready!

Squad—Five! Come to Attention!

Note: The body must not be allowed to twist round, but remain firm, with the eyes continually directed to front. When performed to music, repeat One, Two, Three, Four, finishing with music at Ready! Return to Attention! at word of command.

EXERCISE IX.

Moderate. "Weel may the keel row.



EXERCISE X. LUNGING.

PREPARE FOR PHYSICAL DRILL!

Ready! Make a half-right turn; bring left foot to the front, and place heel against inside of right, so that feet are at right angles to each other, and with the latter movement place hands on hips, fingers extended, thumbs to the rear, elbows forced well back (Fig. 26).

Squad—One! Lunge out about 30 inches straight to *right* with the right foot, knee bent over the toes, left leg straight, body turned to right, but upright, head erect (Fig. 27). Return to Ready!

FIG. 26.

FIG. 27.

FIG. 28.

Squad—Two! Make a half-left turn, and lunge out *front* with right foot, left foot pointed directly to left, so that feet are at right angles (Fig. 28). Draw right foot back to Ready!

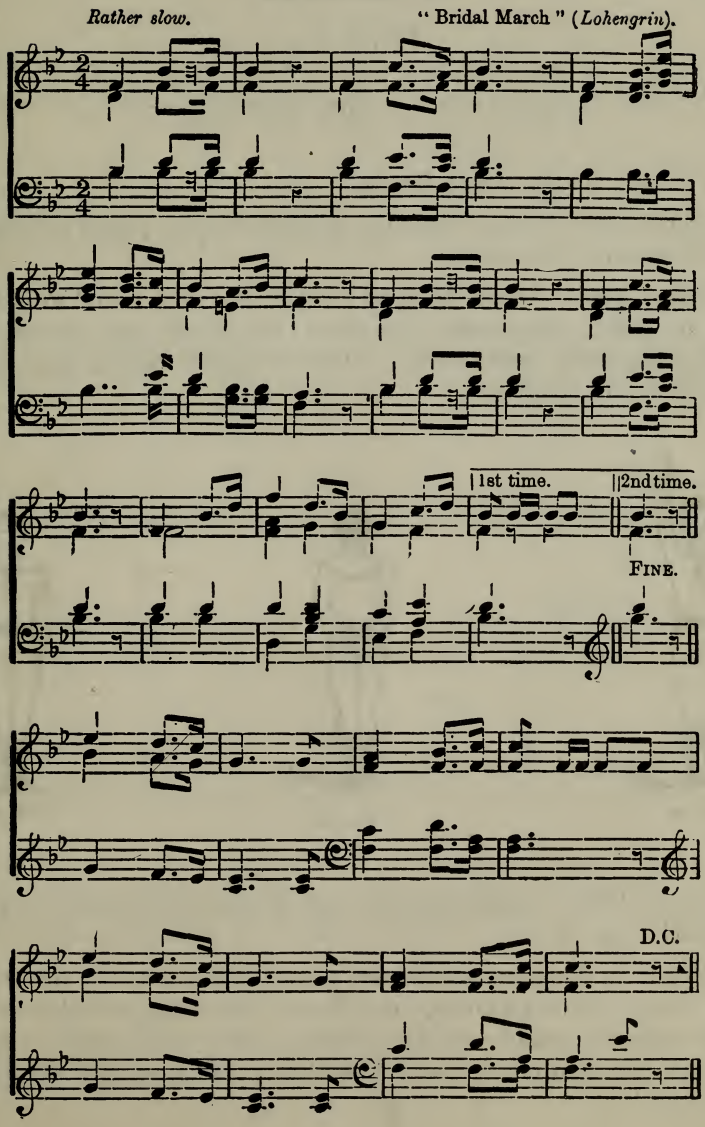
Squad—Three! Lunge directly to *left* with left foot as directed for the right. Return to Ready!

Squad—Four! Lunge straight to *front* with left foot as in Two. Return to Ready!

Squad—Five! Come to Attention!

Note: When performed to music, pupils having previously assumed Ready! repeat One, Two, Three, Four, remaining at Ready! at finish of music until called to Attention!

EXERCISE X.


Rather slow.
" Bridal March " (Lohengrin).
1st time.
2nd time.
FINE.
D.C.

PART II.

EXERCISE I. ARM SWINGING.

PREPARE FOR PHYSICAL DRILL!

Squad-One! Throw arms up perpendicularly; palms of hands turned inward (Fig. 29).

Squad-Two! Swing the arms freely to the rear, round to front, and up again. Repeat this four times; the fourth time, instead of completing circle, strike palms of hands together behind back, and remain steady (Fig. 30).

FIG. 29.

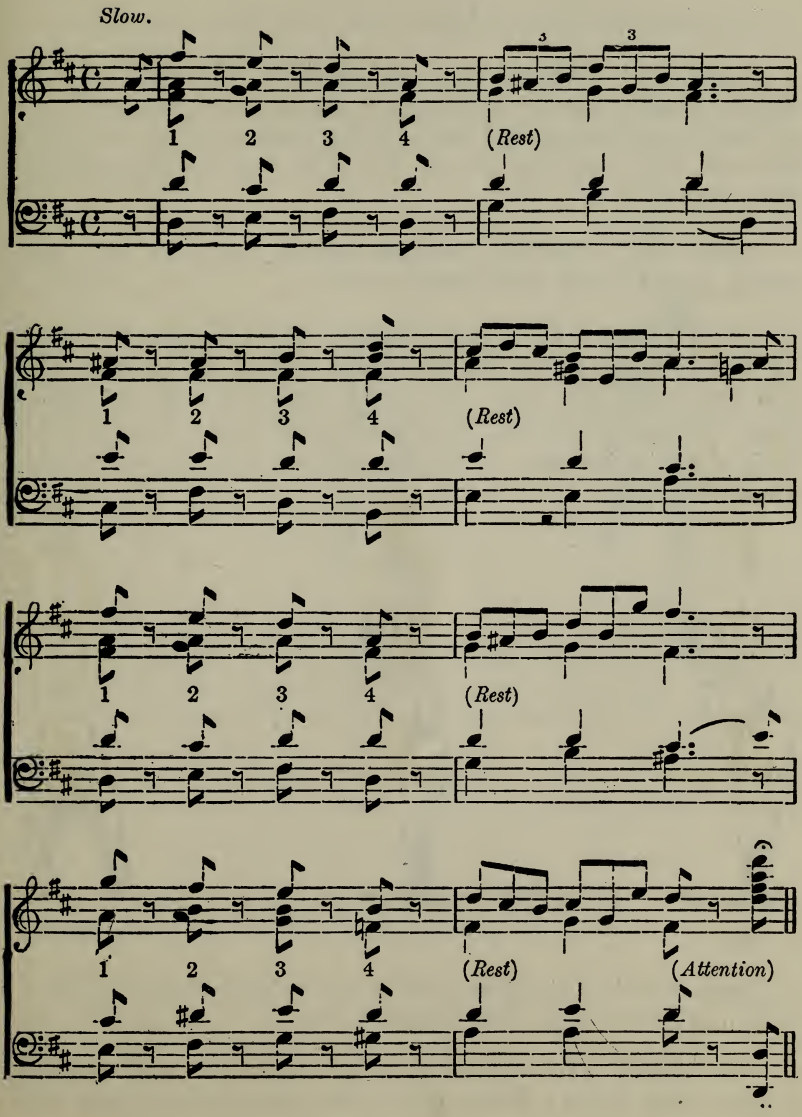
FIG. 30.

FIG. 31.

Squad-Three! Bring arms to sides and resume position of Attention! (Fig. 31).

Note: In this exercise, first and second motions may be repeated, by giving command Continue the Motion! the squad will then take time from right-hand pupil; on Steady! pupils will remain in second position, and on the word Three! they will resume position of Attention!

EXERCISE I.



EXERCISE II. BODY BENDING AND STRETCHING.

PREPARE FOR PHYSICAL DRILL!

Squad-One! Keeping both arms straight, raise right hand as high as possible, turning the back of it inward, and reach down with left hand, arm close to the body; shoulders square to the front, back hollowed, body well bent over to left at the waist, eyes directed to right hand (Fig. 32).

Squad-Two! Perform the same motion, but with left hand raised, right lowered, body bent to right.

Squad-Three! (To be given when left hand is raised.)—Swing left hand, keeping it near the body, palm inward, by a circular motion sideways to the right, and as it comes level with right hand raise both hands over head, backs toward face; body turned on hips to right and inclined over to left, head thrown back, eyes directed to hands (Fig. 33).

FIG. 32.

FIG. 33.

FIG. 34.

Squad-Four! Swing both arms down by the front, close to body, and up to same position as before, but to left.

Squad-Five! (To be given when hands are above head on left.)—Carry right foot 12 inches to the right, bend quickly down, and

touch toes with tips of fingers, keeping knees straight and heels on ground (Fig. 34).

Squad-Six! Straighten body, bringing tips of fingers to chest, elbows close to sides (Fig. 35).

Squad-Seven! Throw arms above head, palms of hands to front, bending back head and upper part of the body, eyes directed to hands (Fig. 36).

FIG. 35.

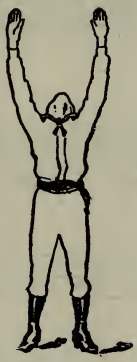


FIG. 36.

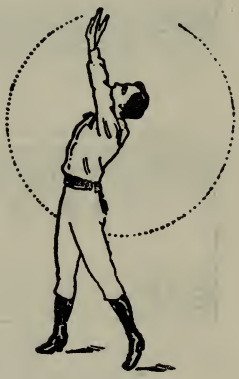


FIG. 37.

Squad-Eight! (To be given when hands are above head.)—Swing hands down by a circular sweep to left, up to right, feet apart, knees braced back, rising up on toe of left foot, right foot kept firm on ground (Fig. 37).

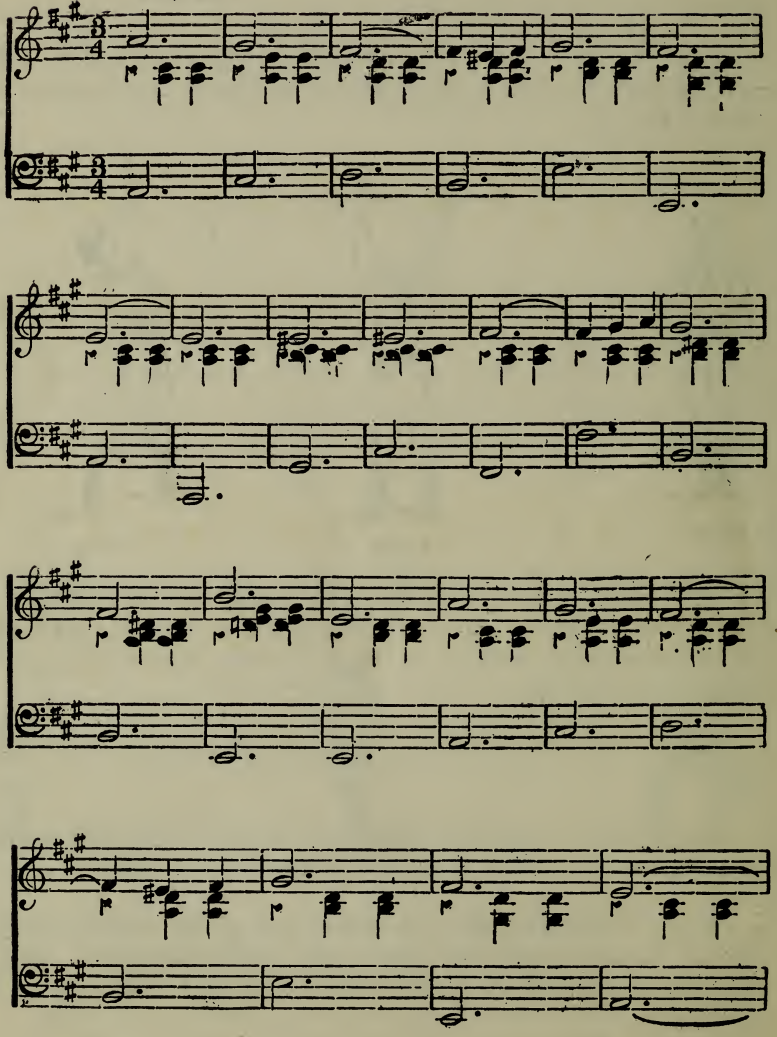
Squad-Nine! Perform same motion to left, rising on toe of right foot.

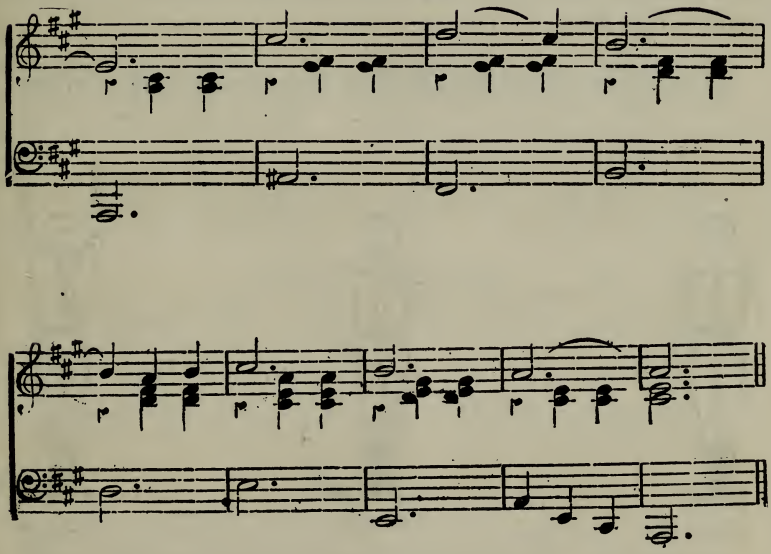
Squad-Ten! Close heels, right heel being brought back to left, and drop hands to sides, resuming position of Attention!

Note: When performed to music, each of the above numbers may be repeated eight times before the next is commenced; otherwise the teacher will specify how many times each number is to be repeated.

EXERCISE II.

Waltz time.





EXERCISE III. BENDING AND STRETCHING ARMS.

PREPARE FOR PHYSICAL DRILL!

Squad-One! Keeping elbows close to sides quickly bend arms, hands in line with shoulders and forced back, hands closed, nails to front (Fig. 38).

Squad-Two! Opening hands and turning backs upward, shoot them out right and left, in line with shoulders, thumbs close to fore-fingers (Fig. 39).

Squad-Three! Return to first position, closing arms to sides.

FIG. 38.

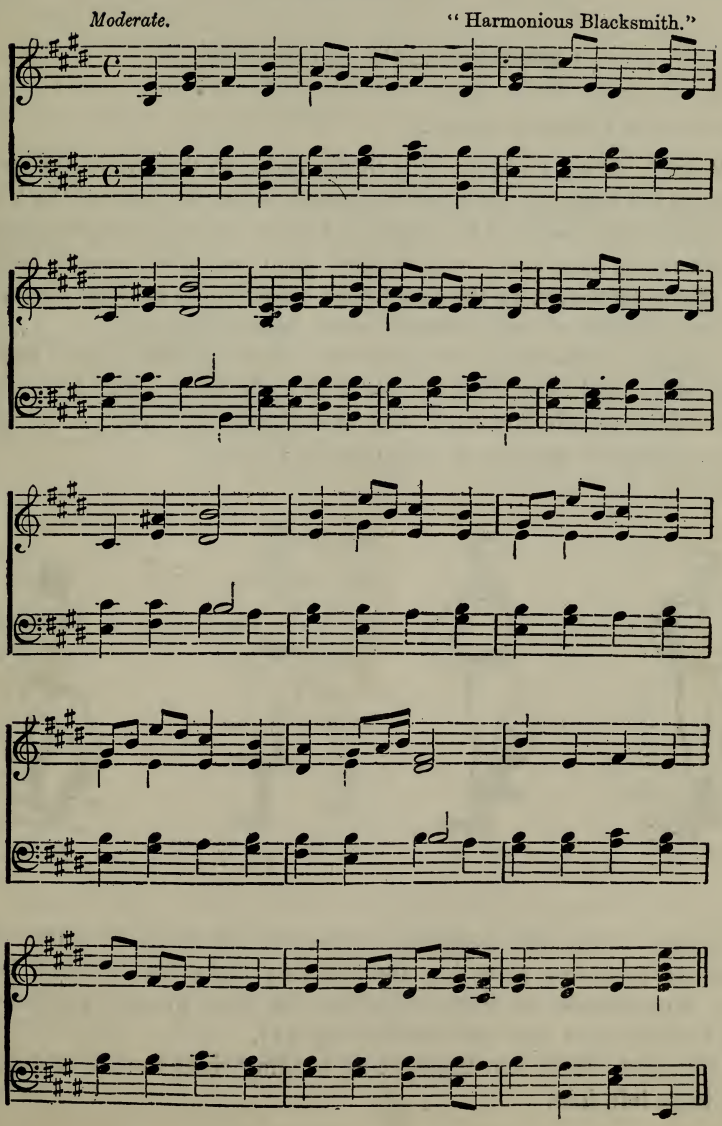
FIG. 39.

FIG. 40

Squad-Four! Opening hands, palms to front, throw arms up perpendicularly above shoulders, the whole of upper part of body stretched upward (Fig. 40).

Squad-Five! Bring arms smartly to sides, and resume position of Attention!

EXERCISE III.



EXERCISE IV. LUNGING.

PREPARE FOR PHYSICAL DRILL!

Ready! Make a partial turn to the right, so that the right foot points to the right; by a second movement, bring the back of the left heel against the inside of the right, and place the feet at right angles to each other, head erect, eyes directed front, shoulders pressed back and chest advanced; at the same time place hands on hips, fingers to front, thumbs to rear, elbows forced back (Fig. 41).

Engage! Draw back the right foot about eighteen inches; body balanced on both feet, heels in line with each other, knees bent and kept well apart directly over feet, hips pressed to front; raise left foot, and beat it smartly on the ground (Fig. 42).

FIG. 41.

FIG. 42.

FIG. 43.

FIG. 44.

Lunge! Step about eighteen inches to the front with the left foot, straightening right leg and pressing right hip forward, left knee perpendicular to instep, right foot flat upon ground, still keeping body upright and head erect (Fig. 43).

Engage! Return to Engage! by bending right knee, and drawing back left foot.

About! Turn to the right about on the heels, right foot pointing to the proper rear, left foot to its left (Fig. 44).

Lunge! As before, but with right foot.

About! In one quick movement raise toes and reverse position of the legs by turning about on heels, right leg straight, left knee bent, then lower toes to ground.

Engage! As before.

Ready! Return to Ready! position.

Front! Turn to the front and resume position of Attention! dropping hands to sides.

EXERCISE V. BENDING AND STRETCHING KNEES.

PREPARE FOR PHYSICAL DRILL!

Squad-One! Keeping body upright, smartly raise hands and place them on hips, fingers to front, thumbs to rear, elbows and shoulders forced well back (Fig. 45).

Squad-Two! Rise on toes as high as possible, legs straight (Fig. 46).

FIG. 45.

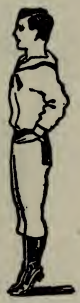


FIG. 46.

FIG. 47.

Squad-Three! With head erect and elbows to rear, gradually lower body by bending knees, until sitting on heels, which must be kept together, forcing knees well apart.

Squad-Four! Straighten knees, remaining on toes.

Squad-Five! Lower heels to ground.

Squad-Six! Drop arms quickly to sides and resume position of Attention!

NOTE: In Two and Three the body must be kept upright. All the motions except One and Six are to be performed slowly.

EXERCISE VI. LUNGING.

PREPARE FOR PHYSICAL DRILL!

Right-Lunge! Place left hand on hip, fingers to front, thumbs to rear; make a quarter-right turn, and, keeping left foot firm on ground, and left leg straight, step out about 36 inches to the right, right lower leg perpendicular, knee over instep, body turned to right, and bent from hips backward; at same time raise right hand over head, arm straight, head thrown back, eyes directed to back of right hand (Fig. 48).

Squad-One! Without bending left leg, drop right hand to side and spring to position of Attention! (Fig. 50).

FIG. 48.

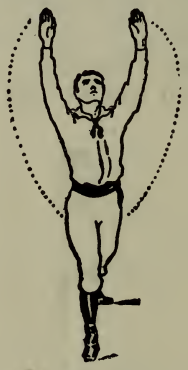


FIG. 49.

FIG. 50.

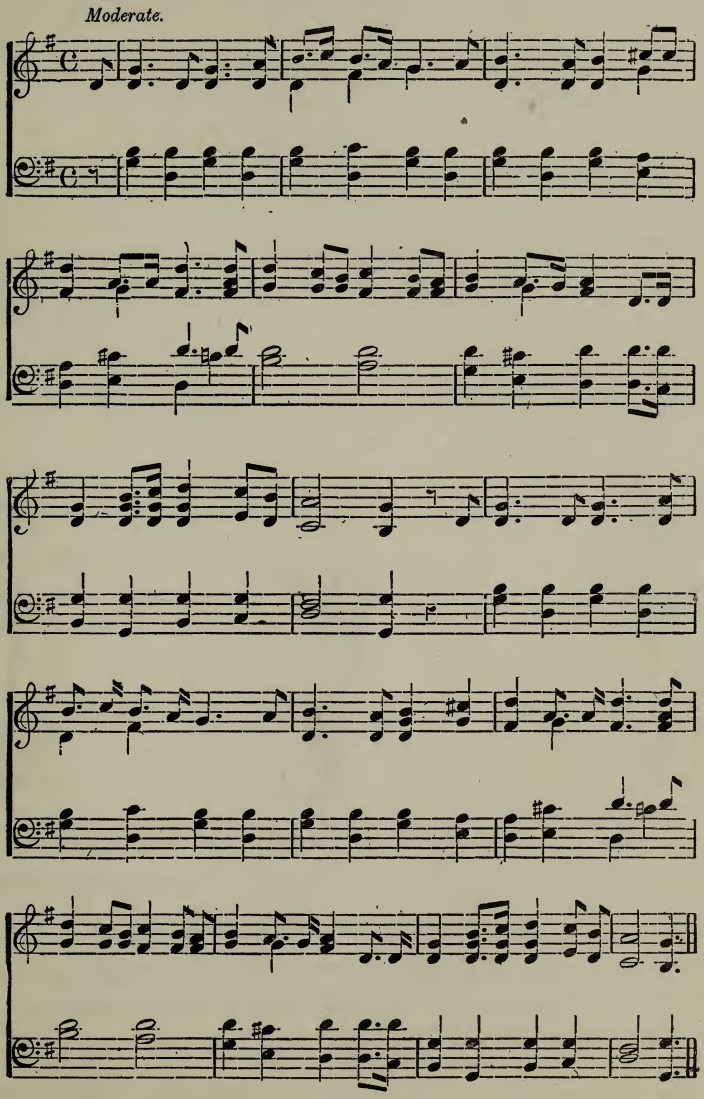
Front-Lunge! Make a quarter-left turn and lunge to front as directed for the Right-Lunge! but with both hands raised about the width of shoulders (Fig. 49).

Squad-Two! Recover as before, but in bringing hands down throw them to rear with a semicircular sweep and resume position of Attention! (dotted lines in Fig. 49).

Left-Lunge! Make a quarter-left turn and lunge as before, stepping out with left instead of right foot.

Squad-Three! Spring back to position of Attention! as from Right-Lunge! (Fig. 50).

EXERCISE VI.



EXERCISE VII. WORKING THE SHOULDERS.

PREPARE FOR PHYSICAL DRILL!

Squad-One! Raise upper arms level with shoulders, at right angles to body, elbows forced to the rear, arms bent, hands clenched and close to shoulders, fore-arm directly over upper (Fig. 51).

Squad-Two! Straighten arms, keeping them level with shoulders, hands open, palms upward (Fig. 52).

FIG. 51.

FIG. 52.

FIG. 53.

Squad-Three! Throw the arms to front, in line with shoulders, and strike palms of hands lightly together (Fig. 53).

Squad-Four! Draw the elbows quickly to the rear, bending the arms, hands clenched and close to the shoulders, knuckles turned up, chest expanded, head erect (Fig. 54).

Squad-Five! Step out to right, as directed for Right Lunge!

but with body inclined forward, and strike out freely from shoulder with left fist, instead of throwing right hand over head (Fig. 55).

Squad-Six! Draw left hand quickly back as far as possible, keeping it close to, and about in line with, the chest; at the same time hit out with the right fist as directed for the left in Squad-Five!

Squad-Seven! Raise the toes and, by a quick movement, turn to left on heels, reversing position of legs, *viz.*, the left knee bent, right leg straight, and hit out as before, but with both fists at the same time (Fig. 56*a*).

Fig. 54.

Fig. 55.

Fig. 56*a*.

Fig. 56*b*.

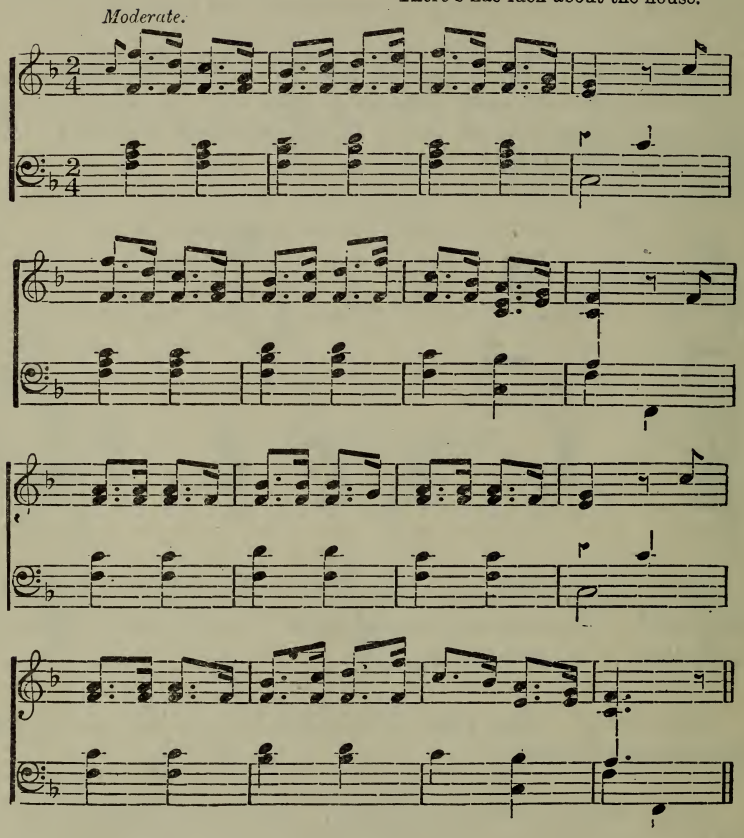
Squad-Eight! Withdraw both fists, forcing elbows well to rear (Fig. 56*b*). Care must be taken to exert as much force in drawing hands back as in striking out.

Squad-Nine! Bring right foot quickly back to left, and resume position of Attention!

Note: When performed to music, each of the above numbers will be repeated sixteen times before the next is commenced; otherwise, the teacher will specify how many times each number is to be repeated.

EXERCISE VII.

"There's nae luck about the house."



EXERCISE VIII. LUNGING.

PREPARE FOR PHYSICAL DRILL!

Squad-One! Turn to right and lunge out, throwing arms right and left in line with shoulders as lunge is made; hands open, fingers close together, palms upward, shoulders forced back, body upright (Fig. 57).

Squad-Two! Spring up from right foot, and close heels, feet at right angles, body still turned to right, arms extended but brought to front of body, palms of hands touching (Fig. 58).

FIG. 57.

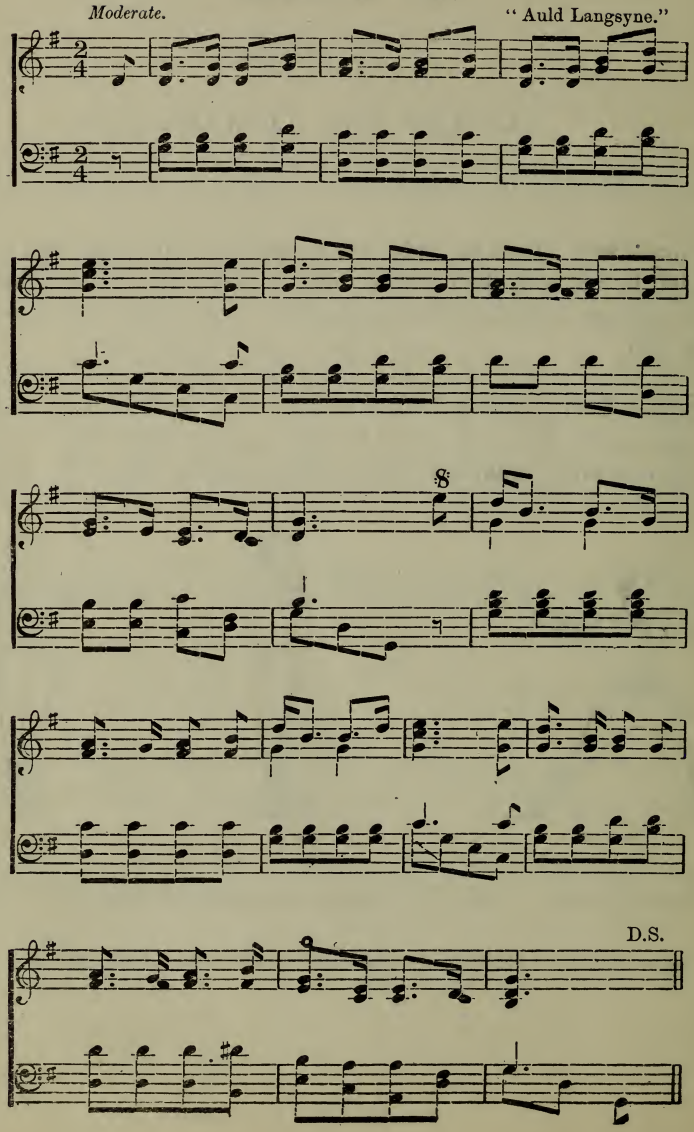
FIG. 58.

FIG. 59

Squad-Three! Turn to left and repeat, body turned left.

Squad-Four! Resume position of Attention! (Fig. 59).

EXERCISE VIII.



EXERCISE IX. GENERAL PRACTISE.

PREPARE FOR PHYSICAL DRILL!

Squad-One! Throw arms up perpendicularly; palms of hands inward (Fig. 29).

Squad-Two! Swing arms freely to the rear, round to front, and up again. Repeat four times; the fourth time instead of completing circle, strike palms of hands together behind back, and remain steady (Fig. 30).

Ready! Bring hands to shoulders, tips of fingers lightly touching them, elbows close to sides and forced to front (Fig. 60).

FIG. 60.

FIG. 61.

Right-Lunge! Lunge out quickly to right, throwing right hand out to right, in line with forehead, left hand in line with hip, arms straight, palms of hands turned upward, eyes directed to right hand (Fig. 61).

Ready! Spring up from the right foot and, without bending left leg, resume position of Ready! (Fig. 60).

Left-Lunge! As directed for Right Lunge! substituting left for right.

Ready! As before.

Squad-One! Force arms straight above shoulders, hands open, palms inward, rising as high as possible on toes. Repeat this three times; the third time remain on toes with hands above head (Fig. 62).

Squad-Two! With head erect, gradually lower body by bending knees, until sitting on heels, which must be kept together, forcing knees well apart, arms still above head (Fig. 63).

FIG. 62.

FIG. 63.

FIG. 64.

FIG. 65.

Squad-Three! Spring up quickly off ground, straightening knees and separating feet as they leave ground. Drop to ground again, with feet 20 inches apart, toes being the first to meet ground, arms still straight above head (Fig. 64).

Squad-Four! Slightly bend knees, round back, swing arms at sides (Fig. 65), and, without a pause, raise them above head again, jump off ground as they ascend, drop with heels close together, and resume position of Attention!

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